

IS SOMEONE YOU KNOW EXPERIENCING THOUGHTS OF SUICIDE?

If you suspect someone is contemplating suicide, the first thing you should do is start a conversation. Talking about the unthinkable can save a life. Ask questions like:

“Have you ever had thoughts of suicide?”

“Are you thinking about it now?”

If you aren't comfortable asking these questions, find someone to help. The answers to these questions will help determine if that person is in immediate danger and if you need to call 9-1-1 or go to the emergency department. Stay with the person while you make the call, and don't leave them until the proper supports are in place.

Resources

If you or someone you know is in need of support, please contact one of the following resources:

- Call 9-1-1 if you suspect someone is in immediate danger
- Kid's Help Phone: 1-800-668-6868
- Crisis Centres in Canada:
<http://suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/>
- Local Crisis Line: 519-973-4435



References

1. Canadian Mental Health Association. *Preventing Suicide*. (2016). Retrieved from: http://www.cmha.ca/mental_health/preventing-suicide/
2. Canadian Association for Suicide Prevention. *Crisis Centres in Canada*. (2016). Retrieved from: <http://suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/>
3. SAVE. *Someone You Know is Suicidal*. (2016). Retrieved from http://www.save.org/index.cfm?fuseaction=home.viewPage&page_id=705E1907-C4DD-5D32-2C7087CE5924CCA4

YOU ARE NOT ALONE

SUICIDE PREVENTION

FOR MORE INFORMATION, PLEASE VISIT:
WINDSOR-ESSEX.CMHA.CA/SUICIDEPREVENTION

APPROXIMATELY 4000

CANADIANS DIE AS A RESULT OF SUICIDE EVERY YEAR

Suicide affects more than just the victim. Family, friends and the community at large are also impacted. The decision to end one's life is never the answer, and being aware of the warning signs, risk factors and what to do if someone you know is contemplating suicide may help save a life.



WARNING SIGNS

Major warning signs of suicide can be described using the acronym **"IS PATH WARM"**

- I** - Ideation: Thinking about suicide.
- S** - Substance misuse: Drugs or alcohol.

- P** - Purposelessness: Feeling like there is no purpose in life or reason for living.
- A** - Anxiety: Feeling intense anxiety or overwhelmed without the ability to cope.
- T** - Trapped: Feeling like there is no way out of a particular circumstance.
- H** - Hopelessness/Helplessness: Not seeing any hope for the future; things will only get worse.

- W** - Withdrawal: Avoiding family, friends or activities.
- A** - Anger: Feeling angry without adequate reason.
- R** - Recklessness: Participating in risky or harmful activities.
- M** - Mood change: Significant mood swings. (CMHA, 2016)

WHAT IF I'M EXPERIENCING THOUGHTS OF SUICIDE?

It's important to talk to someone you trust, a doctor or mental health professional about your thoughts of suicide and create a safety plan. Your plan might include:

- Activities that help to calm your mind.
- Reasons and motivation for living.
- A list of key people to call if you're worried about your safety.
- Helpful phone numbers, such as Employee and Family Assistance Program or suicide prevention helplines.
- A list of safe places you can go.

RISK FACTORS

Many different situations and experiences can lead someone to consider suicide. Known risk factors include:

- A previous suicide attempt
- Family history of suicidal behaviour
- A serious physical or mental illness
- Problems with drugs or alcohol
- Major life changes or losses
- Social isolation or lack of a support network
- Family violence

While mental illness may increase a person's risk, please note that suicide may not be related to mental illness at all.

(CMHA, 2016)

**WE ASK FOR YOUR SUPPORT AS AN ALLY TO LET YOUR FELLOW
EMPLOYEES AND COMMUNITIES KNOW THAT THEY ARE NOT ALONE.**